



“I had to win... not only was my life at stake, but I needed to find help for others as well!”

Greensboro's own Sherry Pally shares how she beat cancer naturally – totally *without* the use of surgery, chemo, radiation or drug therapy!

One Woman's Cancer Answer

an interview by Jeff Gordon www.eatwithoutheat.com

Sherry, what advice would you give to someone facing a cancer diagnosis?

Most importantly—**Do not panic!** Approached correctly, a cancer diagnosis can truly be a “wake up call.”

Cancer is the seventh stage of the disease process, indicating that the body has been out of balance for a long, long time. The good news, and what many people do not realize, is that cancer is reversible!

What was your life like prior to cancer?

Like many, I was extremely active, eating on the run, and leading a fairly stress-filled life. Instead of learning to properly prepare nutritious foods, I depended on processed foods, take-out meals and dining at restaurants. I would skip meals, I wasn't exercising regularly, sleeping enough, and I certainly wasn't drinking enough water.

How did the diagnosis change your life?

I became the most avid reader you could ever imagine! I needed to know about cancer, and I had a zillion questions that all needed

“Problems cannot be solved by the same level of thinking that created them.”

—Albert Einstein

informative answers. I wanted to know how to save my own life. I prayed daily and sought the truth about cancer and what was happening in my body. **Knowledge is cancer's worst enemy.**

I soon had amassed an incredible library of books, articles, newsletters, and audio and video cassettes. I read constantly and conducted interviews with medical personnel, researchers and other cancer patients. It was so important to me to hear real life stories of people's experiences. I always asked questions, and I encourage other people to do so as well.

interviewed many other patients and having witnessed first-hand the short and long-term side effects of conventional treatments and having listened to their stories of pain and discomfort, in my heart I knew there *had to be another way—a better way.*

From here I created and adhered to a “protocol” designed to reverse cancer in a way that was safe, effective and non-invasive, without the use of surgery, chemo, radiation, or drug therapy. Within months of my diagnosis I had reversed the progression of cancer in my body!

That's truly amazing! Tell me more about this protocol.

It's both amazing and very simple! Although I reversed cancer totally naturally, this same program can be used in conjunction with conventional treatment. Steps

to take towards creating Optimal Health include (1) obtaining and maintaining proper body weight, (2) monitoring the body's pH balance, (3) not just feeding ourselves, but actually nourishing our bodies and immune systems, (4) understanding how our digestive tracts function with regards to assimilation of nutrients and elimination of wastes, and (5) maintaining a lifestyle conducive to daily detoxification. As Hippocrates once stated:

“Let food be your medicine, and let your medicine be your food.”

The correct food and supplementation are powerful tools for restoring our bodies to optimal health. Prior to cancer, I had

So just what did you learn about cancer?

Two major conclusions resulted from my research. First, I became more and more convinced of the fact that *cancer is reversible.* **S e c o n d l y , h a v i n g**

eaten the All-American Diet—a diet that, in my opinion, that greatly contributes to today's Great American Diseases—cancer, heart disease, diabetes, and obesity.

I firmly believe there is hope for the cancer patient! And there is another way that is safe, effective, and non-invasive! What I learned and put into practice were basic principles of health—both giving the body what it needs and removing obstacles to health.

In closing, what is your desire not only for cancer patients, but for anyone interested in better health here in the Triad?

I truly believe my life was spared so that I could help others. People need quality information in order to make informed decisions. Many folks simply do not know where

to turn for answers to questions regarding their own health.

Education is imperative. The message of cancer prevention and that of cancer reversal needs to be shared with the community at large.

My other heartfelt desire is to duplicate throughout our community and state the *Wellness Resource Library* I've compiled. I feel it is my duty, to help provide life-saving knowledge to those who are willing to listen, in order to help them regain and maintain their health and that of their loved ones.

Thank you, Sherry, for taking the time to share your story with our readers. We look forward to hearing more from you in the future.

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

— Thomas Edison

Read more about the amazing recovery of Sherry Pally and her message of hope, health, and healing – online at www.cancerfreeaskme.com.

Sherry Pally can be contacted at Horizon Health, PO Box 77314, Greensboro, NC 27417-7314, call 336-282-1575 or email cancerfreeaskme@yahoo.com,

She is available for private consultations and speaking engagements.

Jeff Gordon is the founder of EatWithoutHeat, an educational company dedicated to improving lives through whole food nutrition and natural hygiene. Find us on the web at www.eatwithoutheat.com or email jeff@eatwithoutheat.com

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